

All lessons **MUST** be paid at time of registration

Pre-registration is **REQUIRED**

Our swim instructors reserve the right to move a child into the appropriate class and or class level if the child is placed in the wrong class by the parent. If a space is not available in the appropriate class, the child will not be permitted to participate and a prorated registration fee will be refunded. It is very important that you read the level descriptions listed on the back of this brochure and place your child accordingly. If unclear of which level to place your child, please contact the front desk or Brenda Snider, Aquatics Director at 724-662-1910



1051 E Cornell Rd
Mercer, PA
724-662-1910
www.coolspringsfitness.com

Please pay close attention to the level descriptions as they have changed considerably with our new Swim Lesson University program

LEVELS AND AGE GUIDELINES

Water Babies—ages 6 to 11 months

Parents accompany children aged 6 to 11 months during these 30-minute sessions. Water acclimation is the focus of this level.

Parent/Tot ages 12 to 35 months

Parents accompany children aged 12-35 months during these 30-minute sessions. Skills are introduced at the child's development level and build on each other as the child progresses.

Ages 3 to 5 ONLY

101—No previous swim experience

201— **MUST** be able to swim a minimum of 15 feet with face in the water for at least 3 seconds at a time and pop up for a new breath. Cannot be dependent on buoyancy equipment. Strokes will be introduced in this level.

Ages 4 to 6 ONLY

301— **MUST** be able to swim 30 feet without the aid of buoyancy equipment, put face in the water and demonstrate side breathing. This level will focus on refining the Freestyle and Back Stroke and Introduce the Back and Butterfly Stroke.

Ages 6 to 12 ONLY

102/103—No previous swim experience

202—**MUST** be able to swim a minimum of 15 feet with face in the water for at least 3 seconds at a time and pop up for a new breath. Cannot be dependent on buoyancy equipment. Strokes will be introduced in this level.

Ages 7 to 12 ONLY

302—**MUST** be able to swim 30 feet without the aid of buoyancy equipment, put face in the water and demonstrate side breathing. This level will focus on refining the Freestyle and Back Stroke and Introduce the Back and Butterfly Stroke.

Cool Springs Fitness & Aquatics Learn to Swim Schedule



SWIM LESSONS
UNIVERSITY

www.swimlessonsuniversity.com

Fall 2018 Sessions

Session 1 - Sept. 24th - Oct. 18th

Session 2 - Oct 22nd - Nov 15th

Session 3 - Nov 26th - Dec 20th

Learn to Swim sessions

Once a week for 4 weeks
Various days and times

Pre-registration is REQUIRED

Parent / Tot

6 to 35 months ONLY

Max. 5 students per class

Monday

- (1) Oct 1, 8, 15 & 22
- (2) Oct 29, Nov 5, 12, & 19
- (3) Nov 26, Dec 3, 10 & 17

10:30-11:00 AM

OR

5:15-5:45 PM

Member - \$30

Non-member- \$45

Free with Family membership



3 to 5 yrs ONLY

Level 101—4 students per class

Tuesday 10:30-11:15 AM

Tuesday 5:00-5:45 PM

Wednesday 8:00-8:45 AM

Level 201— 4 students per class

*Wednesday 4:15-5:00 PM

Thursday 10:30-11:15 AM

*Wednesday

Level 201 4:15-5:00

Level 301 3:30-4:15pm

These two classes ONLY

will start 09/19/18

4 to 6 yrs ONLY

Level 301— 5 students per class

*Wednesday 3:30-4:15 PM

Monday 4:30-5:15 PM

Session Rates:

Non-Member \$45

Member \$30

Family member \$20

6 to 12 yrs ONLY

Level 102/103—5 students per class

Thursday 5:00-5:45 PM

Level 202/203—5 students per class

Tuesday 6:45-7:30 PM

Thursday 4:00-4:45 PM

7 to 12 yrs ONLY

Level 302/303—6 students per class

Wednesday 6:45-7:30 PM

Personal Swim Instruction:

Personal swim instruction provides the greatest flexibility and one on one attention for swimmers of any age. Lessons will be scheduled dependent on instructor availability. TWO children from the same family close in age and with similar swim abilities may take a semi-private lesson. Three or more children will be considered a group lesson and priced accordingly

Private lessons must be purchased as a package and pre-paid. Lessons can not be scheduled before payment is made.

Member	Non-Member
3 lessons \$65	3 lessons \$95
Buy (5) get one free - 6 lesson package	
Member \$105	Non-member \$155